
Gazpacho II

Ruth Ellen Conway Smythe

Party Recipes from the Charleston Junior League - 1993

3 carrots, quartered
3 cucumbers peeled and seeded
2 green bell peppers, seeded and quartered
12 fresh tomatoes, peeled and quartered
1/2 teaspoon chopped cilantro
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon dried dill weed
sour cream (or low-fat plain yogurt) (for garnish)
cumin (for garnish)

Place the carrots, cucumbers, green bell peppers and tomatoes in the bowl of a food processor. Process just until chunky (you may need to do this step in two batches).

Transfer the mixture to a large bowl. Season with the cilantro, salt, cumin and dill weed (you may want to add more, to taste).

Chill for at least two hours. Serve with a dollop of sour cream and a sprinkling of cumin.

Yield: 6 to 8 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 472 Calories; 6g Fat (9.7% calories from fat); 17g Protein; 106g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 1282mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 20 1/2 Vegetable; 0 Fat.